



growing healthy families



Vegetables and fruits help keep us healthy. Naturally low in fat and calories, they are full of vitamins, minerals, water and fiber. Not only do they fill us up, they help us digest other foods.

Fresh, frozen and canned vegetables and fruits are all nutritious choices. Just remember to buy frozen and canned vegetables and fruits that do not have added sugars, sauces or seasonings.

Here are tips for filling your meals and snacks with vegetables and fruits:

- Enjoy two vegetables and a fruit at each meal.
- Spruce up eggs or omelets with broccoli, peppers, or tomatoes.
- Add finely chopped vegetables to dishes you already make regularly.
- Decorate your cereal with brightly colored berries.
- Pile veggies on your pizza.
- Keep chopped fruits and vegetables in easy to reach, easy to see places in your refrigerator.



- Try a new vegetable and/or fruit each week.
- Blend fruit with 1% or skim milk or low-fat frozen yogurt to make smoothies.

For a healthy family, give your children these gifts:

- Discipline
- Structure
- Good examples
- Good information
- Healthy snacks and meals.

5+2-1-0 Benefits for Families:

- Increased energy
- Improved ability to cope with stress or anxiety
- Responsible, healthy children who grow up knowing how to make smart choices and maintain a healthy weight
- Fewer visits to doctors and dentists.

***** Parents, be good role models!**



South Carolina Department of Health
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We promote and protect the health of the public and the environment.

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